



a fresh approach to frozen food

Vegetable Cooking Instructions

Battered Onion Rings - Oven: Cook from frozen for 20 minutes in a pre-heated oven at 230°C/450°F/Gas Mark 8. Turn once during cooking. Grill: medium/hot heat for 5 minutes until golden, turn once during cooking. Shallow fry: 3-4 minutes in hot oil, turn once during cooking. Deep fry: 2 minutes until golden brown.

Breaded Garlic Mushrooms - Oven cook at 220°C/425°F/Gas Mark 7 for 12 minutes or fry for 4 minutes at 180°C.

Chinese Stir Fry - Stir fry in a little olive oil for 5 minutes from frozen.

Country Soup Mix - Simmer for 20 minutes in stock, add seasoning.

Grilled Vegetables - Spread frozen vegetables on a shallow baking tray, add salt and drips of olive oil. Bake on top shelf of hot oven for 8-12 minutes.

Hash Browns - Deep fry in hot oil for 4-5 minutes or bake at 200°C/400°F/Gas Mark 6 for 20 minutes.

Peas, Beans & Asparagus - Cook from frozen, simmer gently in lightly salted water until tender (approximately 2-3 minutes).

Potato Gratin - Cook from frozen in a pre-heated oven at 220°C/425°F/Gas Mark 7, spread preferred quantity on a baking tray, place in the middle of the oven and cook for 20-25 minutes.

Roast Potatoes - Cook from frozen in a pre-heated oven at 180°C/350°F/Gas Mark 4 for 30 minutes or around joint for the last 30 minutes of cooking.

Roasted Sliced Potatoes in Garlic and Thyme - Place on a baking tray in a moderate oven for 20 minutes turning once.

Rustic Vegetable Medley - Oven: place on a baking tray for 10 minutes in a pre-heated oven at 200°C/400°F/Gas Mark 6., turning halfway through. Frying Pan: Cook over medium heat for 8/10 minutes, stir regularly - no oil required.

Sauté Potatoes - Oven cook from frozen for 15-20 minutes at 230°C/450°F/Gas Mark 8, turning occasionally.

Spicy Potato Wedges - Shallow fry: 10-15 minutes turning regularly until golden brown. Deep fry: pre-heat oil to 175°C/347°F 3-4 minutes until golden brown. Bake: Oven cook at 220°C/430°F/Gas Mark 7 - spread onto a baking tray for 15-20 minutes, until golden brown, turning occasionally.

Spinach Leaf - Place frozen spinach in a covered saucepan with a knob of butter. Season with salt and pepper, heat gently, stirring until tender.

Steakhouse Fries - Shallow fry: 12-15 minutes, Deep fry: 4-6 minutes, Bake: 20 minutes at 200°C/400°F/Gas Mark 6.

Tuscan Roasting Vegetables - Spread the frozen vegetables in a shallow roasting tray, add crushed garlic, salt and drips of olive oil. Roast on top shelf of a very hot oven for 8-12 minutes.

Veggie Burgers - Shallow fry at a moderate temperature for approximately 10 minutes each side in a little oil, or grill.

Broad Beans, Sliced Beans, Fine Whole Beans, Farmhouse Vegetables, Peas AA, Petit Pois, Sweetcorn, Half Corn on the Cob - Cook from frozen. Place in a little boiling salted water and simmer until tender. Drain and season. Alternatively can be steamed.



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